SHOPPERS DRUG MART
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Thursday, September 26, 2013

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PONY GIRL RIDES ON WAVES OF SYNCHRONICITY

LOCAL BAND CREDIT 'COSMIC COINCIDENCE' IN GETTING THEM TO MAKE MUSIC TOGETHER PAGE 20

Syrian rebels rebel against West

Nearly a dozen faction groups break away from main opposition and call for Islamic law in war-torn nation PAGE 11

Mental health matters

Gunman said radio-wave interference drove him to shoot PAGE 12

Amanda Bynes' lawyer wants case diverted to mental health court PAGE 25

THERE'S NOTHING PETTY ABOUT THIS COURT MARTIAL

Former military medical technician James Wilks, left, a retired petty officer second class, confers with a lawyer during a break at his court martial in Gatineau on Wednesday. Wilkes is charged with 11 counts of sexual assault and 18 counts of breach of trust under the National Defence Act. For more on the story, go to metronews.ca. FRED CHARTRAND/THE CANADIAN PRESS

Smartphone, smart cop led to arrest: Witness

TV-esque. Court hears GPS data helped track down accused men

JOE LOFARO
joe.lofaro@metronews.ca

Police tracked three suspects "within minutes" of a deadly Barrhaven home invasion by using GPS data from the victim's stolen cellphone, a now retired police officer told a court Wednesday.

"We had the location of the cellphone and we knew where it was travelling," said Ret. Sgt. Gary Leach as he testified Wednesday in the first-degree murder trial of 23-year-olds Kristopher McLellan and Kyle Mullen. Two other men will be tried later in separate proceedings.

When Leach arrived at 4139 Moodie Dr. — the home of 19-year-old Michael Swan — just after 1 a.m. on Feb. 22, 2010, he saw a man and a "frantic" girl outside screaming for help. She told Leach three men had stolen items from the home, including her pink BlackBerry.

Const. Joel Shaver contacted dispatch officers and gave them the phone's number and the wireless provider, Telus, Leach said. That info was used to track the BlackBerry's movements.

Paramedics arrived to assess Swan and perform CPR as he lay on the floor shirtless, Leach said. He said when he arrived he noticed two gunshot wounds on Swan's body.

"He appeared to be vital signs absent and he didn't appear to be breathing," said Leach.

Crown prosecutor Dallas Mack said in opening arguments Tuesday three men stormed into Swan's home to steal money and marijuana. Mack said Swan was shot in the right shoulder and the bullet exited his left hip.

Three other men and Swan's girlfriend were in the home at the time.

McLellan and Mullen were arrested by OPP officers a couple of hours later on the 401 west of Brockville thanks to the data. The trial continues Wednesday.

LE PLAN D'ACTION ÉCONOMIQUE CONSERVATEUR : UNE RÉDUCTION DE 67 000 EMPLOIS AU CANADA D'ICI 2017.

(Bureau du directeur parlementaire du budget — avril 2013)

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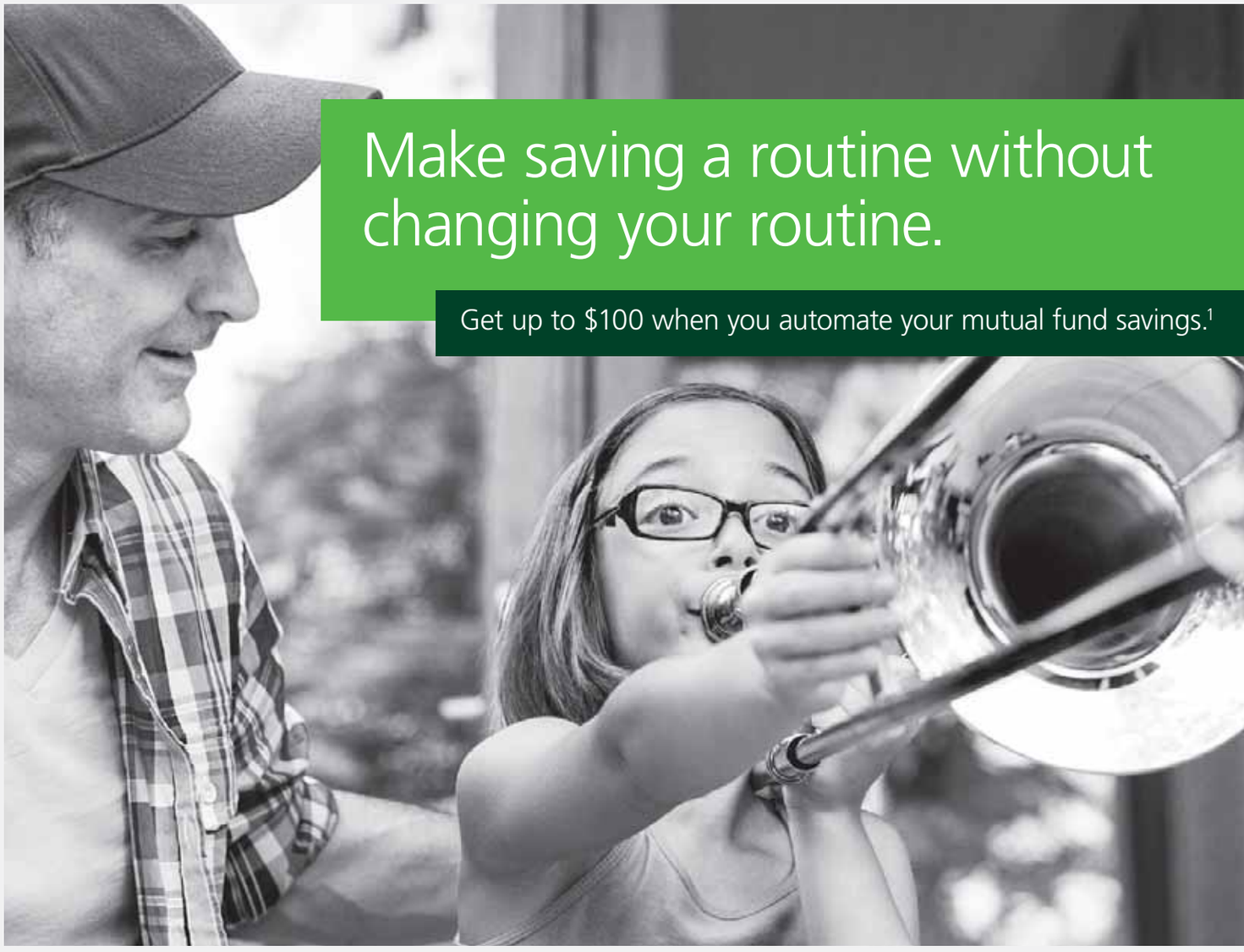

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Westgate. Kenyan community grieving

A prayer service is being held for victims of the recent terrorist attack on the Westgate Shopping Centre in Kenya.

Pastor Joseph Kiirya and reverends Naomi Kabugi and Mahugu Kinuthia are inviting members of the capital region's Kenyan diaspora and friends to pray for peace and send messages of goodwill, Thursday, Sept. 26 from 7 to 8:30 p.m. at the River Jordan Ministry, 36 Bentley Ave. All are welcome.

Mbugua Mwangi, whose uncle is Kenyan President Uhuru Kenyatta, graduated from the University of Ottawa in 2006 and was killed in the terrorist attack along with his fiancée.

"This terrible tragedy's touched a lot of families," said Jane Mweu, a friend of Mwangi, who lives in Ottawa. "We're organizing this so we in the Kenyan community and our friends can come and comfort each other together."

DENIS ARMSTRONG/FOR METRO

The Kenyan president's nephew Mbugua Mwangi and his fiancée, Rosemary Wahito, were killed in the mall terrorist attack. FACEBOOK.COM

City council has passed a 10-year plan to deal with homelessness. MOLLY AMOLI K. SHINHAT/FOR METRO

Ottawa aims to end homelessness by 2023

New strategy. The city has committed to extend its $14M annual funding to address the ongoing housing issue

Ottawa city council passed a 10-year housing and homelessness plan Wednesday, the first of its kind.

The initiative will see an interdepartmental city committee created to put the plan into action, and will extend the city's $14-million annual commitment to addressing the problem of access to housing.

The funding was a campaign promise made by Mayor Jim Watson in the last election. The report was recommended for approval by council by the community & protective services committee and the planning committee last week.

"The plan pins us down to three definite outcomes," Coun. Mark Ward, chair of the community and protective services committee, said.

The three objectives summarized in a report: everyone will have a home; people will get the support they need; and to achieve this "we work together." In brief, those translate into a combination of housing construction, repairs to existing /community housing, better co-ordination between departments, and improved relationships with other stakeholders in the community.

"Everybody in the past kind of worked in their own silos," Ward said. "At committee, it was notable that we had both, the Eastern Ontario Landlord Organization and ACORN, a community-advocacy group, out to support the same report. That's perfect."

The report is a requirement in Ontario's Housing Services Act that mandates Municipal Service Managers (MSMs) create the plan from a "system-based perspective."

It consolidates Ottawa's City Housing Strategy, Community Action Plan on Homelessness, Action Ottawa and Housing and Homeless Investment. MOLLY AMOLI K. SHINHAT/FOR METRO

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The Ottawa Stadium in June. The field is overgrown with weeds and the facility needs numerous renovations.
SEAN MCKIBBON/METRO FILE

Ottawa may get its chance to play ball if it can start small

Here comes the pitch. While a double-A team is still a dream, Can-Am offers a way to 'ramp up'

DENIS ARMSTRONG
ottawa@metronews.ca

If Ottawa gets a baseball franchise, it likely will not be the double-A team that Mayor Jim Watson has been after for two years, but one with the Can-Am league — the Canadian American Association of Professional Baseball — which gave us the Rapidz at Ottawa Stadium for one season in 2008.

Shortly after the Fat Cats, of the Intercounty Baseball League, were booted from the stadium in 2012 after the team's lease expired, Watson lobbied to move a big-league farm team to Coventry Road.

However, he dropped that idea when told that the city would have to pay $40 million to bring the 20-year-old stadium, which cost $17 million to build, up to league standards.

The most Watson could commit was $5.7 million. The city is funding improvements, including light-rail transit to the stadium and a pedestrian bridge from the train station.

So city staff are recommending leasing the stadium to the Can-Am league, which would bring a team here in 2015 for an initial cost of $750,000 and then $400,000 in annual operating costs.

Even Coun. Rick Chiarelli, usually one of Ottawa baseball's staunchest defenders, is careful this time around.

The big call

City staff will recommend that councillors approve the Can-Am deal when council votes on Oct. 1.

"I won't decide until I've read all the studies, but we know we have a better chance to succeed this time.... It's disappointing not getting a double-A team, but the Can-Am team will give the city a chance to ramp up."

"Ottawa is a strong baseball market but it has to improve the fan experience," said David Gourlay, creator of Champions for Baseball, a website that monitors Ottawa's quest.

"(If) they work closer with the league this time, they'll do it right this time."

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Man says he talks to dead people

Mystical event.
Matthew Stapley offers locals a first-hand look at the possibilities of psychic phenomena

DENIS ARMSTRONG
ottawa@metronews.ca

Psychic Matthew Stapley will be peering into the paranormal and communicating with the dead when he appears at the Mystical Event, an expo at Gatineau's Palais des congrès (Maisonneuve Boulevard.) on Saturday at 6 p.m.

One of the capital's leading psychics, Stapley offers the audience an inside peek into the possibilities of psychic phenomena before he steals breaths by communicating with spirits for members of the audience.

Stapley says he will donate his portion of the ticket price to the Operation Come Home charity.

"Every person is different — you don't know what to expect," Stapley admits. "It's going to be a fun and a very emotional experience."

Tickets for the Mystical Event are $35 at the door or online at themysticalevent.com.

Canada's John Edwards?

Matthew Stapley is the host of Psychic Insights, which airs on Rogers TV Mondays at 4 p.m.

Matthew Stapley is the host of Psychic Insights. CONTRIBUTED

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EQAO

OCSB scores among best in Ontario

When it comes to mathematics and literacy, Ottawa's Catholic School Board's secondary school students in grades 9 and 10 are among the best in the province.

The province's Education Quality Assurance Office yesterday announced that in 2011-2012, grade 9 and 10 students in the capital's Catholic school system scored from 4-11 per cent higher than students in comparable school boards across the province.

Test results for students in Ottawa's Catholic schools have been consistently higher than the province over the last five years in mathematics and literacy. This year, the Board saw a huge improvement in grade 9 applied Mathematics, up 7 per cent over the year before.

"These tremendous results show our continued focus on student achievement and the delivery of effective educational programs," Chairperson of the Board of Trustees Mark Mullan said.

DENIS ARMSTRONG/FOR METRO

Futbol or five-pin?

A cyclist pauses in front of Bambini, at the corner of Gladstone Avenue and Preston Street; a $650,000 sculpture that is supposed to represent a child's drawing of a soccer team, but is raising eyebrows of some people who say it looks a bit too much like bowling pins. The Preston Street businesses have paid for the sculpture, which is still under construction. MOLLY AMOLI K. SHINHAT/FOR METRO

Al-Shabab: Foreigners were a 'legitimate target'

Kenya attack. Somali Islamic extremist group claims they took 'every possible precaution' to separate Muslims from non-believers

Al-Shabab, the armed Somali Islamic extremist group that attacked a shopping mall in Kenya, said Wednesday that foreigners were a "legitimate target" and confirmed witness accounts that gunmen tried to let Muslims go free while killing or taking the others captive.

In an email exchange Wednesday with The Associated Press, al-Shabab said: "The Mujahideen carried out a meticulous vetting process at the mall and have taken every possible precaution to separate the Muslims from the Kuffar (disbelievers) before carrying out their attack."

According to published accounts, witnesses have said the gunmen rounded up people, asked questions about Islam and told the Muslims to leave the mall.

At least 18 foreigners were killed, including six Britons and citizens from Canada, France, Trinidad, the Netherlands, Australia, Peru, India, Ghana, South Africa and China, when the militants entered the Westgate Mall on Saturday, slaughtering men, women and children with assault rifles and grenades and taking people hostage. The current death toll is 67 and is likely to climb with uncounted bodies remaining in the rubble of the Nairobi mall.

Mary Italo grieves for her son Thomas Abayo Italo, 33, who was killed in the Westgate Mall attack, in Nairobi, Kenya, on Wednesday. Kenyan authorities prepared for the gruesome task of recovering dozens more victims than initially feared after the country's president declared an end Tuesday to the four-day siege of the mall. BEN CURTIS/THE ASSOCIATED PRESS

Despite their efforts to spare Muslims, some of those killed were members of the faith. One man, Louis Bawa, whose wife Zahira and daughter Jennah were killed, told a London newspaper that al-Shabab was "using religion as an excuse to kill people." THE ASSOCIATED PRESS

Quake survivors struggle for food, shelter

Survivors built shelters with sticks and sheets Wednesday, a day after their mud houses were flattened in an earthquake that killed 285 people in southwestern Pakistan.

While waiting for help to reach remote villages, hungry people dug through the rubble to find food. And the country's poorest province struggled with a dearth of medical supplies, hospitals and other aid.

The quake flattened wide swaths of Awaran district, where it was centred, leaving much of the population homeless. Almost all of the 300 mud-brick homes in the village of Dalbadi were destroyed.

Noor Ahmad said he was working when the quake struck and rushed home to find his house levelled and his wife and son dead.

"I'm broken," he said. "I have lost my family."

At least 373 people were also injured, according to a statement from the National Disaster Management Authority, which gave the latest death toll.

Doctors in the village treated some of the injured, but due to a scarcity of medicine and staff, they were mostly seen comforting residents.

The remoteness of the area and the lack of infrastructure hampered relief efforts. Awaran district is one of the poorest in the country's most impoverished province.

THE ASSOCIATED PRESS

Asiana Flight 214

U.S. investigating whether airline failed to help families after crash

In the first investigation of its kind, federal transportation officials are reviewing whether Asiana Airlines failed to meet legal obligations to help families of passengers after one of its planes crashed in San Francisco International Airport.

THE ASSOCIATED PRESS

Spain

Judge names 22 rail company officials as suspects in crash

The judge investigating a high-speed train crash that killed 79 people in Spain has named 22 rail infrastructure company officials as suspects. Judge Luis Alaez has asked the Adif officials to come in for questioning.

THE ASSOCIATED PRESS

China

Man gets death for killing child in parking dispute

A Beijing court on Wednesday convicted a man of murder and sentenced him to death for hurling a toddler to the ground in a case that horrified the Chinese public.

THE ASSOCIATED PRESS

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Police in Ontario say they have interrupted an international drug ring. Included in their haul was 24 kg of heroin, some of which was woven into carpets (shown) seized at Pearson airport. HO/ONTARIO PROVINCIAL POLICE/THE CANADIAN PRESS

Heroin woven into rugs by cheap labour: Police

Heroin, ephedrine, ecstasy, cocaine. Joint investigation begun in 2010 nets 76 charges in international drug bust

More than a dozen kilograms of heroin woven into carpets shipped to Toronto's airport are among the drugs seized by police and border agents, who say they have interrupted an international trafficking ring.

Eleven people, mostly residents of the Greater Toronto Area, are facing 76 drug charges in the investigation that police have dubbed Project Infinity.

The joint investigation between provincial and Toronto police as well as the Canada Border Services Agency began in June 2010, when border services agents at Pearson airport found 15 kilograms of heroin hidden inside 27 carpets that arrived from Pakistan.

The drug had been put into the main support strands and the carpets were woven around them, likely by people who were paid almost nothing for their labour, police said.

"In 35 years on the OPP I've never ever held a kilo of heroin in my hand and I've worked on a lot of investigations," Ontario Provincial Police Commissioner Chris Lewis said. THE ASSOCIATED PRESS

Project Infinity

In total police seized 160 kg of ephedrine, which is used to make crystal meth, 24 kg of heroin, 20 kg of ecstasy, four kg of crystal meth, 1 kg cocaine and 1 kg of opium.

- OPP Commissioner Chris Lewis said Toronto police have extensive experience with heroin investigations, but this seizure is huge, even for them.

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How to land a billionaire: Berlusconi's girl

Rome. Berlusconi's girlfriend has been by his side as he has gone through convictions for tax fraud and paid sex with a minor

Here's one way to land a billionaire: Silvio Berlusconi's 28-year-old girlfriend says she courted the 76-year-old former premier relentlessly until he finally surrendered.

Now she's just waiting for him to agree to marry her.

In an interview published Wednesday in the Italian edition of Vanity Fair, Francesca Pascale described two years of pain and jealousy as Berlusconi responded to the failure of his second marriage by throwing lavish "bunga bunga" parties for young women.

Pascale said she met "B," as she calls him, in 2006 while working for his political party, although she had him in her sights at age 18.

"He completely rejected me," she said of her initial volley. "But mine is an unending courtship. It's still going on today."

Pascale professed her love for him in 2009. By then they were close, but she said they never spent time in private together because he was still married.

"He told me: 'Don't even talk about it, you're too young, I can't give you the future you deserve,'" she said.

Finally her persistence paid off; she said Berlusconi gave her a diamond ring on Christmas 2011.

THE ASSOCIATED PRESS

Unrelenting

"I sought him out, I courted him, I made him fall in love and I made him my boyfriend.... Practically, I've done everything: He only has to say yes."

Francesca Pascale, Berlusconi's girlfriend.

A copy of the Italian edition of Vanity Fair magazine featuring Berlusconi and his girlfriend. THE ASSOCIATED PRESS

California doctor saves choker's life with tracheotomy

A noted California doctor armed with just a pocket knife and a pen performed an emergency life-saving tracheotomy on a diner who was choking on a piece of meat.

Dr. Royce Johnson, Kern Medical Center's chief of infectious diseases, cleared the airway of Pauline Larwood at The Mark restaurant in Bakersfield, California, the Bakersfield Californian reported Tuesday.

A Bakersfield assemblywoman, Shannon Grove, witnessed the incident that took place on Monday.

Grove said both her husband and Johnson tried to perform the Heimlich manoeuvre on Larwood.

After the Heimlich failed to open Larwood's airway, Grove said she watched in amazement as Larwood was laid back in a chair and Johnson used a friend's pocket knife to make an incision in her throat.

As several physicians gathered around Larwood, someone called for a pen which Johnson then broke in half and inserted the hollow cylinder to use as a breathing tube.

The procedure was successful. Her son said Tuesday that Larwood was doing fine.

THE ASSOCIATED PRESS

Calgary Stampede

Disqualification of champion steer upheld

A review has upheld the suspension of a championship steer at this year's Calgary Stampede for the use of banned substances.

Drug testing of the top two steers in the July 13 Steer Classic Competition revealed the presence of two separate drugs, Ibuprofen and Flunixi, in the 2013 winner.

The two non-steroidal, anti-inflammatory drugs that were detected are prohibited in any quantity under event rules. THE ASSOCIATED PRESS

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Syria bombshell. Rebels split, call for Islamic law

Nearly a dozen of Syria's powerful rebel factions turned their backs on the West on Wednesday.

They broke with the main opposition group in exile and called for Islamic law in wartorn Syria.

The split deals a severe blow to the Western-backed coalition fighting President Bashar Assad and gives him fuel for his long-stated contention that his regime is battling Islamic extremists.

It's a momentous public rejection of the Turkey-based Syrian National Coalition — the political arm of the Free Syrian Army rebel group — that has long been accused of being a puppet of the West.

A Free Syrian Army fighter holds his son in the Syrian central province of Hama on Wednesday. THE ASSOCIATED PRESS

"If the groups involved stand by this statement, I think this could be a very big deal," said political analyst Aron Lund.

"It basically means that some of the biggest mainstream Islamist forces within the so-called FSA are breaking up with the political leadership appointed for them by the West and Gulf states, to cast their lot with more hard-line and anti-Western Islamists."

THE ASSOCIATED PRESS

Toronto link

Ali Mohamed Dirie, a member of the "Toronto 18" terror plot to attack Canadian institutions, has died fighting in Syria, Torstar News Service has confirmed. He was released from prison in 2011.

Water everywhere ... except at home

Dry humour? It's the rainy season and there's flooding in Dakar, Senegal ... but there's no water running from the taps

Would you believe it?

It's the rainy season in Senegal and the capital city, Dakar, is dealing with major flooding.

But …

For nearly two weeks, Dakar residents have bathed in the ocean, dug makeshift wells along the beach and waited in long lines for distribution trucks.

Water is no longer running from the taps.

Officials blame it all on faulty equipment.

The situation is so bad that President Macky Sall decided Wednesday to cut short his visit to the United Nations General Assembly to return and address the problem.

As they waited on Yoff Beach for young men to fill plastic basins with water from wells dug in the sand, residents said Sall had better act fast.

The volunteer operators of the wells, made of stones and spare tires, said they were pumping out water for thousands of Dakar residents from 5 a.m. to midnight every day.

"Every day on the radio they say the water will be coming back soon, but the problem still isn't fixed," said 36-year-old Samb Gueye, who brought 10 basins to the beach so her family would be able to cook, clean and bathe.

"I don't know what we'll do if this continues."

THE ASSOCIATED PRESS

Thirsty work: Residents carry home basins of water collected from beach wells on Wednesday. REBECCA BLACKWELL/THE ASSOCIATED PRESS

Hold the front page!

Security forces shut Muslim newspaper office

Egyptian security forces Wednesday shuttered the office of the newspaper of the Muslim Brotherhood's political party. They confiscated furniture and documents, the Freedom and Justice daily's journalists said.

The journalists appealed to Egypt's press syndicate to take action against the closure in Cairo's Manial district. An editor said the paper will continue to be published.

THE ASSOCIATED PRESS

Wave of outrage

Return home, French minister tells Roma

France's top security official refused to back down Wednesday after sparking outrage over his comments on Roma migrants.

French Interior Minister Manuel Valls said the migrants had a "duty to return to their homeland."

Valls said the Roma had failed to integrate and France had no responsibility to them.

"We don't have the obligation to welcome these populations," Valls said.

THE ASSOCIATED PRESS

Pakistan strike

Church attack heralds arrival of new threat

A Sunni militant group known for targeting rival Muslims has emerged as a dangerous new player in Pakistan. It sent a pair of suicide bombers this week to detonate themselves inside a church. Eighty-five worshippers died.

The group, Jundallah, said it targeted Christians to avenge the deaths of Muslims killed by U.S. drone strikes — painted as part of a "Christian campaign" against Islam.

THE ASSOCIATED PRESS

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D.C. shooter: Radio waves drove me to it

Washington.
Navy Yard shooter's weapon inscribed with phrases like: 'End to the Torment!' and 'Better off this way'

A closeup image of Aaron Alexis's Remington 870 shotgun. Scratched on it is 'Not What yall Say!' THE ASSOCIATED PRESS

Navy Yard gunman Aaron Alexis left a note saying he was driven to kill by months of bombardment with extremely low-frequency radio waves, the FBI said Wednesday in a disclosure that explains the phrase he etched on his shotgun: "My ELF Weapon!"

Alexis did not target particular individuals during the Sept. 16 attack in which he killed 12 people, and there is no indication the shooting stemmed from any workplace dispute, said Valerie Parlave, head of the FBI's Washington field office.

Authorities said his behaviour in the weeks before the shooting and records later recovered from the hotel room where he was staying reveal a man increasingly in the throes of paranoia and delusions.

"Ultra-low frequency attack is what I've been subject to for the last three months, and to be perfectly honest that is what has driven me to this," read an electronic document agents recovered after the shooting.

Alexis, a 34-year-old former Navy reservist and computer technician for a defence contractor, used a valid badge to get into the Navy Yard with a sawed-off Remington shotgun he had legally purchased two days earlier.

He was killed by a U.S. Park Police officer following a rampage the FBI said lasted about an hour.

THE ASSOCIATED PRESS

FBI Washinton

"We have not determined there to be any previous relationship between Alexis and any of the victims."

Valerie Parlave, head of the FBI's Washington field office

Orlando, Fla. Gun group plans shotgun giveaway as crime-fighting tactic

A gun group is offering free shotguns to residents in Florida, billing it as a way for people to protect themselves against crime.

Members of the Florida chapter of the Armed Citizen Project, which is based in Texas, began advertising the program on fliers in the Sunshine Gardens neighbourhood near Orlando. The neighbourhood is about 40 kilometres south of Sanford, a city thrust into an international debate about self-defence and race after neighbourhood watch volunteer George Zimmerman killed Trayvon Martin, an unarmed 17-year-old.

Zimmerman says he shot the teen in self-defence and was cleared of all charges in Martin's death.

Ron Ritter, president of the Armed Citizen Project of Florida, said Wednesday that new owners of the donated guns will have to pass a background check and complete gun-safety training.

"It's not one of those things when we hand a gun to someone and don't hear from them again," Ritter said. "We're going to keep in touch if someone is receiving a donation." THE ASSOCIATED PRESS

Alaska

Apple Maps app directs drivers to runway at airport

A glitch in the Apple Maps app on newer iPhones and iPads guides people up to a runway at a major Alaska airport instead of sending them on the proper route to the terminal, an airport official said Wednesday.

The map actually stops at the tarmac, but twice this month, wayward drivers have continued across an active runway.

There were no injuries in either incident because they both happened early in the morning, between flights. THE ASSOCIATED PRESS

Los Angeles

California minimum wages to take a hike

Calling it a "matter of justice," Gov. Jerry Brown put his signature on a bill Wednesday that will hike California's minimum wage to $10 an hour within three years.

The increase is the first to the state's minimum wage in six years and comes amid a national debate over whether it's fair to pay fast-food workers, retail clerks and others wages so low that they often have to work second or third jobs. Brown called the bill long overdue.

THE ASSOCIATED PRESS

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Smuggling confession fishy to prosecutor

Peru. Guilty pleas by two U.K. women charged as drug mules may be denied; the pleas would lessen their sentences

Peruvian prosecutors said Wednesday that they consider unacceptable the guilty pleas of two young British women caught trying to smuggle 24 pounds of cocaine to Spain in their luggage.

Prosecutor Juan Rosas said that he will ask for a new hearing to give Irish-born Michaella McCollum and Melissa Reid of Scotland the chance to offer a more complete confession. The women pleaded guilty Tuesday to drug-trafficking charges. If the plea is accepted, they face six years and eight months in prison without possibility of parole. Otherwise, they would go to trial and face a minimum of eight years.

Rosas said that the women, both 20, need to explain why they had claimed they were coerced by a gang of armed men. THE ASSOCIATED PRESS

Coerced to spirit cocaine out?

"If they stick to that unbelievable story the prosecution is not going to allow them the benefit of a guilty plea."

Peruvian prosecutor Juan Rosas

Melissa Reid and Michaella McCollum of the U.K., both 20, under arrest on drug charges in Lima, Peru. RODRIGO ABD/THE ASSOCIATED PRESS

Human trafficking case

Accused exploited victims as young as 14: Crown in B.C.

The Crown says a man accused of human trafficking lured 11 young women into prostitution by offering them a glamorous life of drugs, booze, and a chance to live in downtown Vancouver.

B.C. Supreme Court was told that Reza Moazami, 29, recruited girls to have sex for money. THE CANADIAN PRESS

Landis, Sask.

Oil spill a few hundred metres from a village

Hazardous material crews were cleaning up oil spilled from a Canadian National train that derailed close to a small community in western Saskatchewan Wednesday.

RCMP said 17 rail cars — some carrying flammable petroleum, ethanol and chemicals — came off the tracks near the village of Landis, west of Saskatoon. THE CANADIAN PRESS

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Euthanization of stray dogs ruled legal in Romania

A man holds Lucky, a stray puppy he rescued, during a protest against stray-dog euthanasia. The protest took place outside the parliament in Bucharest. Romania's constitutional court has ruled that a bill on euthanizing stray dogs is legal, weeks after a four-year-old boy's fatal mauling in Bucharest prompted the government to bring forward legislation allowing the killing of strays.

VADIM GHIRDA/THE ASSOCIATED PRESS

THE SWEET SUCCESS OF WEIGHT LOSS

When it comes to weight control, experts are increasingly putting the spotlight on sugar.

"In fact, mounting evidence points to controlling blood sugar as the key to successful weight loss" says Brenda Watson, naturopathic doctor and best-selling author.

Your blood sugar level is the amount of glucose from the food you eat that is circulating in your bloodstream. It provides energy or is stored for future use. All carbohydrates you eat, with the exception of fibre, are broken down by the body into glucose.

The body only requires 10 teaspoons of sugar per day to perform all its functions, but the average Canadian daily consumption is 26 teaspoons. This is no surprise when you consider that a half-cup of vanilla ice cream contains five teaspoons of sugar while one cup of cooked pasta contains eight.

For weight loss, Watson recommends a daily sugar consumption limit of six to eight teaspoons from all foods. Your body will draw on fat stores for any extra energy it requires and that will lead to weight loss. There are lots of low sugar food options such as lean protein, healthy fats, and virtually all vegetables.

There are also scientifically-proven weight loss products that help balance blood sugar, Watson says. For example, green coffee bean extract gained notoriety when it was featured on Dr. Oz's TV show.

"While I don't believe you can buy weight loss in a bottle, there are certainly products that can help. Green coffee bean is one of them, but I am really excited about a new ingredient called Fraxipure, which is a natural extract from European ash seed. It decreases blood sugar levels, increases fat burning and protects the liver. I recommend Simply Trim because it is the only product to combine green coffee bean extract with this fat-blasting Fraxipure.

"The bottom line — if you balance your blood sugar you will lose weight. How sweet is that?"

HOW MUCH SUGAR IS IN YOUR DIET?

Here is an easy equation for calculating how much sugar is in the food you eat. Nutrition Facts tables on packaged products provide carbohydrate and fibre amounts.

(CARBOHYDRATE GRAMS – FIBRE GRAMS) ÷ 5 = # OF TEASPOONS OF SUGAR

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Market Minute

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OIL $102.66 US (-47¢)

GOLD $1,336 US (+$19.90)

Natural gas: $3.50 US (+1¢)
Dow Jones: 15,273.26 (-61.33)

$11-million claim

Ousted CEO of AlarmForce files suit over dismissal

The recently ousted CEO of AlarmForce Industries has filed a wrongful-dismissal lawsuit against the home-security firm he founded 25 years ago.

Joel Matlin, who was at the company's helm since its inception in 1988 and often the voice and face of AlarmForce in ad campaigns, claims he was dismissed without cause or notice, which goes against the terms of his contract. He's also asking for punitive and aggravated damages because of the way the firing was handled.

"The bad-faith manner of termination above has caused Joel to suffer additional mental distress, damage to his reputation, and aggravated damages beyond his contractual damages for wrongful dismissal," the statement of claim says. The $11.3-million claim includes $1.3 million for wrongful dismissal and $10 million in damages.

None of the allegations in Matlin's suit have been proven in court and may be challenged by the company. AlarmForce was not immediately available for comment. THE CANADIAN PRESS

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The International Council of Shopping Centers says malls around the world are beefing up private-security personnel or bringing in more off-duty police officers after last weekend's attack on an upscale mall in Nairobi. GETTY IMAGES FILE

Nairobi attack puts spotlight on security at shopping malls

Retail. Industry worries that increasing measures to keep shoppers safe will just scare them away

Some malls around the world have been scrambling to add security guards to look for suspicious people following a deadly attack on a shopping centre in Nairobi over the weekend. But for other malls, it's been business as usual.

The mixed reactions by malls across the globe isn't unusual in an industry whose security efforts vary from unarmed guards in most shopping centres in the U.S. to metal detectors and bag searches in places like Israel to main entrances that resemble airport security lines in India.

The disparity offers a glimpse at why any moves following the Nairobi incident to increase mall security in countries that have less strict procedures aren't likely to last: The industry continues to struggle with how to keep shoppers safe without scaring them away.

"No one wants, when you go shopping, to be strip-searched, to be interviewed in a room by a security guard," said Simon Bennett, director of the Civil Safety and Security Unit at the University of Leicester in England. "That might be acceptable in aviation, but it is not in commercial retail."

Quoted

"No one wants, when you go shopping, to be strip-searched, to be interviewed in a room by a security guard."

Simon Bennett, director of the Civil Safety and Security Unit at the University of Leicester in England

Security concerns come after al-Shabab militants, wielding grenades, took control of Westgate mall in Nairobi, Kenya.

In the U.S., the International Council of Shopping Centers, a trade group of shopping centres representing about one-third of retail space globally, said the U.S. government's Department of Homeland Security is reaching out to corporate security at all malls.

At the same time, the group said some of the malls in the U.S. and South Africa are beefing up private-security personnel, while others are bringing in more off-duty police officers.

Mall of America, the biggest U.S. mall, added extra uniformed security officers and stepped up other measures, but officials at the Bloomington, Minn.-based mall declined to elaborate. "We will ... remain vigilant as we always do in similar situations," said spokesman Dan Jasper. THE ASSOCIATED PRESS

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HE SAYS

John Mazerolle
metronews.ca

Are you infatuated? Obsessed over another? Stuck on that powerful drug that is both more and less than love? If you're not sure, check for these key signs:

• Your special someone jumps to mind during songs on the radio, including jingles for toilet cleaner. ("He makes me flushed, too!")

• Something as simple as a Coke bottle reminds you of her. (Or a Coke can; we're body-positive here.)

• They're the last thing you see when you fall asleep and the first thing you see when you wake up, because you're camped outside their window.

One item on this list might be OK, even healthy, but if you do all three then you're probably infatuated.

I'm a longtime expert. Even in Grade 3, I would tell my camp counsellor that I had a crush on her, then coyly explain that I only meant Orange Crush, while making moon eyes at her. (Keeping with the pop theme, I turned a shade of Cream Soda.)

But now, 200 years later, I've realized that infatuation is for kids. It's fun, but so is running around with my arms out making airplane noises. Just because I used to do it doesn't mean I still can, no matter how fun it was.

I had a date last week that went pretty well, but then I got an endorphin rush going, propping me up, up, up ... and had to stop myself on the way to Cloud 9 before I spiralled right out of control. It was a close call, but my survival means I can share these tips:

What's love got to do, got to do with it? Dealing with infatuation

• Determine whether it's love, infatuation or lust. If it's love, you'll be in love. If it's infatuation, you'll Google advice on whether it's infatuation or love. If you can't tell if you have lust, I can't help you. See a doctor.

• Don't try to "accidentally" meet them. Though meet-cutes are a Hollywood staple, in real life, showing up unannounced at a construction site, airplane cockpit or reactor core is often more trouble than it's worth. If you must, send a Facebook wall message and ask if they're aware of any federal laws and statutes surrounding trespassing at their workplace. Finish with a winky face!

• Remember a good relationship is a partnership. If you know the names of the children you're going to have with your new acquaintance/future spouse, then write a list and allow them to choose from several of your ideas. Watch their eyes widen as they come to appreciate what they've found in you.

• Bonus tip for infatuees: Occasionally somebody will be infatuated with you! If that happens, the other person may be very vulnerable and easy to manipulate. That's when you pounce — for a better world. Bite your bottom lip and whisper, "What I'd love is a man/woman who will lobby city hall for a curbside recycling program," or "It'd be so hot to see you and all your friends donate blood."

And those are my tips, gentle readers. I hope you found them helpful. If you need anything else from me, remember I'll be right here — on Cloud 5.

ZOOM

The veiled, unveiled in photos

LYNSEY ADDARIO/NATIONAL GEOGRAPHIC

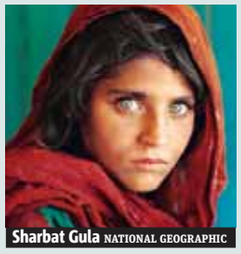
125 years marked with iconic images from mag's archives

National Geographic is celebrating its 125th anniversary with a special photography edition that features the most iconic images from the magazine's history. Pictured is a scene from Afghanistan in 2010: Pregnant Noor Nisa, 18, and her mother wait to be driven to hospital, where Noor would give birth to a baby girl.

The issue features National Geographic's most famous photo — the piercing green eyes of Sharbat Gula, a 13-year-old Afghan girl in Pakistan's Nasir Bagh refugee camp, pictured on the right — which appeared on the magazine's June 1985 cover.

The girl's identity was unknown for 17 years until she was tracked down in 2002. The image was originally placed in the reject pile before being rescued.

METRO



Sharbat Gula NATIONAL GEOGRAPHIC

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

I know how it is. You got home last week with your shiny new copy of GTA V, only to power through it at a tragically swift clip — unable to keep your enthusiasm in check. Well, luckily a lack of gaming self-control is one of the many things your smartphone can paper over for you.

CONTRIBUTED

Puzzle & Dragons:

The kids in Japan are losing their minds over this fantasy puzzler, and for good reason. The mechanics are much deeper than anything most match-three games have ever dreamed up and you get to collect monsters. Sold! Well, not sold, actually. It's free. (iOS, Android/Free)

Heroes of Loot:

An old-school roguelike dungeon crawler that sends you into the depths to wipe out an unending onslaught of monsters. Like most roguelikes, there's no real endgame to conquer except securing some real estate near the top of global leaderboards. (iOS, Android/$1.99)

Slender Rising:

The spooky Slender Man series is the star of countless Watch My Roommate Get Scared YouTube videos, but if you've never tried one of the games, this is the best place to start. Work your way through creepy forests and playgrounds, piecing together the story behind the titular character. Of course, you're being stalked by him the entire time and if he snares you, you're going to lose. (iOS/$2.99)

Twitter

@metropicks asked: One four-legged friend helped his owner curb a crack habit. How does your pet help you improve?

@Cazzy: Teaches me how to clean up for when I have kids.

@Idanielledoiron: My alarm didn't go off this morning. My cat woke me screaming just in time for me to get to work. Thanks puss!

@Canucklehead_ca: My cat. She teaches me humility and how utterly insignificant I truly am.

@adrienne_kenny: My puppy has taught me to smile and appreciate the little things in life.

@gixxerrider105: after a bad break up my dog forced me to stay motivated. I was really depressed and he kept me going.

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SCENE 2

Pony Girl debuts first CD

Art Rock. New band brought together through 'small world instances and seriously cosmic incidences'

BACKSTAGE PASS
Jen Traplin
ottawa@metronews.ca

Pony Girl will release their debut album, Show Me Your Fears, this weekend. STÉPHANIE GODIN/CONTRIBUTED

Relatively new band Pony Girl, a self-described art rock group set to release their debut album this weekend, is a musical collaboration that has been years in the making.

Bass player Gregg Clark credits "small world instances and seriously cosmic coincidences" with bringing the band together.

Two members of Pony Girl first met in 2002 — they were both studying in the Netherlands at the time, says Clark.

"In 2005, one of those musicians, Julien Dussault, came down to Brussels with a big band/jazz band — the style with six trumpets and six trombones and eight saxophones, a rhythm section, a big band with 30 or 40 people," he says.

"His last week with this band was my first week in the band. With that many people participating, we only really met in passing so I didn't think much of it until a year later we found ourselves in history class together in Ottawa."

Then, at last year's Ottawa Rock Lottery, which randomly bunches local musicians from different genres and bands into new groups, Pony Girl officially started to take shape.

"I was playing with some other guys and went to participate in the Rock Lottery. We were drummerless at the time but I met a musician, Isaac Vallentin, and, a year later, he's our band mate and now roommate," Clark says.

Four of the members of Pony Girl now live together in a house they've rented in Centretown, turning the entire main floor into a quasi studio where they recorded their debut album, Show Me Your Fears, which will officially be released on Saturday.

"It's very much DIY in nature. The performances are all recorded at home. It's nice to be at home," Clark says.

"You flip the record switch on when you're ready to perform. It's not a matter of, 'OK, I have the studio booked at this time, better get it done.' We tried to do it in as little takes as possible.

"Just to have that freedom of, 'It's two o'clock in the morning and I'm feeling it. Let's go.' You don't really have that luxury elsewhere."

Release party

Details for Pony Girl's Show Me Your Fears' release party:

- **When:** Saturday at 8 p.m.
- **Where:** La Petite Mort Gallery
- **Price:** $10
- **For more info:** Go to facebook.com/ponygirlband

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The psychedelic rockers want you to see them as they are

Interview. Their self-titled third album is a statement of self identity: they're undefined and intangible

RICHARD PECKETT
Metro World News

MGMT: forever being misunderstood. CONTRIBUTED

MGMT's Andrew VanWyngarden and Ben Goldwasser never wanted to be famous. But quirky poppy zingers like Kids, Electric Feel and Time To Pretend from their debut 2007 album Oracular Spectacular made them household names, especially after being featured in movies such as 21, TV shows like The Voice and a Nokia ad. It was like their psychedelic private art house jamming session had been crashed by an accidental open Facebook invitation.

Rather than embrace the masses, the Brooklyn-based duo stoically continued with an ever more zany second album, Congratulations, in 2010. Indeed, the early days of face paint, hippy headwear and neon accents were discarded in a now forgotten fancy-dress box — and Kids was no longer on the set list.

This apparent fan neglect reads as anti-commercial label career suicide; MGMT's paradoxical style can seem frustratingly hipster but they, as self-indulgent as this sounds, are out to please themselves. The 30-year-old rockers are in an enviably privileged position with the backing of a major label (Columbia), free to satiate their musical whims — something they've taken into their self-titled third album MGMT.

You said that your music has been misunderstood in the past. Is this album about reestablishing your identity?
I feel like we're presenting ourselves in the way we'd like to be seen. I think it's a little strange to us that people want to impose a narrative on us as a band. We're not thinking too much about what our image is or what we'd like to be known for.

Your music is often described as paradoxical. Is it important for you to create something that's intangible or ineffable?
I think in a lot of ways music is always about the intangible. I think our album is music that a lot of people could get into, potentially. We're not trying to scare or be intentionally experimental, but also I don't think you want to be known only as a band who writes quirky pop songs.

You get a lot of criticism for alienating your fans but you've got nearly four million Facebook likes. Do you find it frustrating that critics and people keep harking back to the days of Time to Pretend and Kids?
It's frustrating; we've never intentionally alienated anybody.

One more question

What do you dislike about pop culture?

- **Quote.** "I don't want to say that I dislike it. It has its place, but I think there's room for a little more subtlety in pop culture. It's really strange for us as a band because we've been accepted by mainstream culture kind of by accident. But we also draw so much of our inspiration from underground stuff that never reached the mainstream."

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Last Week: 4 / Weeks on List: 3

2. THE LONGEST RIDE Nicholas Sparks
Ira and Ruth. Sophia and Luke. Two couples who have little in common, and who are separated by years and experience. Yet, their lives converge with unexpected poignancy in Nicholas Sparks's new novel, *The Longest Ride*.
Last Week: 16 / Weeks on List: 2

This Week		Last Week	Weeks on List
3.	MADDADDAM Margaret Atwood	3	5
4.	THE SILENT WIFE A.S.A. Harrison	1	5
5.	A HOUSE IN THE SKY Amanda Lindhout and Sara Corbett	2	4
6.	NEVER GO BACK Lee Child	5	4
7.	STEVE JOBS Walter Isaacson	11	3
8.	THANKLESS IN DEATH J.D. Robb	20	2
9.	W IS FOR WASTED Sue Grafton	5	2
10.	INFERNO Dan Brown	20	5
11.	THE CASUAL VACANCY J.K. Rowling	10	3
12.	WINTER OF THE WORLD Ken Follett	8	5
13.	GRAIN BRAIN David Perlmutter	15	2
14.	STILL FOOLIN' EM Billy Crystal	14	3
15.	TIME NOW FOR THE VINYL CAFE STORY EXCHANGE Stuart McLean	18	2
16.	THE END OF GROWTH Jeff Rubin	13	4
17.	THE WITNESS WORE RED Rebecca Musser	17	3
18.	LOOPTAIL Bruce Poon Tip	19	2
★ 19.	KILLING JESUS Bill O'Reilly	-	1
★ 20.	DR. SLEEP Stephen King	-	1

Combined Fiction and Non-Fiction Bestsellers for the week, ending September 30th
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New show painfully close to Fox's real world experiences

New show. Michael J. Fox makes his first full-time return to television since he left

Tracy Pollan, left, Michael J. Fox, and Wendell Pierce star in The Michael J. Fox Show. ERIC LIEBOWITZ/THE ASSOCIATED PRESS

What happens when you put Michael J. Fox and five Canadian reporters at a table? Hockey talk.

The Edmonton-born, Burnaby, B.C.-raised actor has lived almost two-thirds of his life in the United States, but while you can take the boy out of Canada, you can't take the Canadian out of the boy.

Though Fox's interview time is carefully limited, there's a full five minutes of chatter about the Leafs, Canucks and his beloved Bruins before everyone gets down to the reason Fox is at the summer network press tour — to promote The Michael J. Fox Show. The sitcom premieres Thursday on NBC and Global.

The series has been tailor-made for the actor. Fox stars as Mike Henry, a popular New York news anchor who gave up his job after being diagnosed with Parkinson's disease. Five years later, with his family's support, he decides to go back in front of the cameras. Betsy Brandt (Breaking Bad) plays wife Annie Henry, Wendell Pierce (Treme) his boss Harris Green. Recurring characters include Anne Heche as a rival news anchor and TV veterans Candice Bergen and Charles Grodin as Mike's parents.

Fox teamed with executive producers Sam Laybourne (Cougar Town) and Will Gluck (Friends with Benefits) on the project.

"I really wanted to do a show about a guy with Parkinson's," Gluck jokes, "and a couple of people passed."

Gluck and the others see it as a family comedy first, but one absolutely based on Fox's own experiences dealing with Parkinson's. Henry is shown in the pilot scattering instead of serving scrambled eggs and misdialling 911, all played for laughs.

"Mike paid for those experiences," says Gluck, "so they're the intellectual property of Michael J. Fox."

Fox himself stepped away from his last regular series, Spin City, in 2000 after going public with his struggles with Parkinson's, first detected a decade earlier.

At the time of the revelation it seemed like a cruel twist of fate for the actor, who was beloved for his Back to the Future films as well as for his run in the '80s as young conservative Alex P. Keaton in Family Ties.

Fox came to terms with his situation and became a leading spokesperson for efforts to combat the disease. His Michael J. Fox Foundation has so far funded more than $350 million in research toward finding a cure.

Spearheading that drive and helping his wife of 25 years, actor Tracey Pollan, raise their four children became Fox's main focus for a decade. When medical advances helped to stabilize Fox's tremor symptoms, the itch to get back on TV began.

"I just thought, 'Why can't I?'" he says. "I mean, there's no reason not to do it."

THE ASSOCIATED PRESS

Wanted him back

He was ready to go back, but only on his terms. For one, he wasn't going to leave New York, where all his guest appearances were shot. His series went into production months earlier than most, allowing the producers to build in weeks in between shooting to make things easier for their star.

- **Doing things his way.**

Fox briefly considered headlining a drama series like The Good Wife, but the long hours were a deal breaker. Besides, when he really thought about it, all he wanted to do was comedy. There was no question the networks wanted him back. NBC offered him a full 22-episode commitment, rare these days.

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The Kings Of Leon: Back in the saddle

Interview. The one-time biggest band in the world returns with Mechanical Bull and talks about their hard partying days and mental breakdowns

RICHARD PECKETT
Metro World News

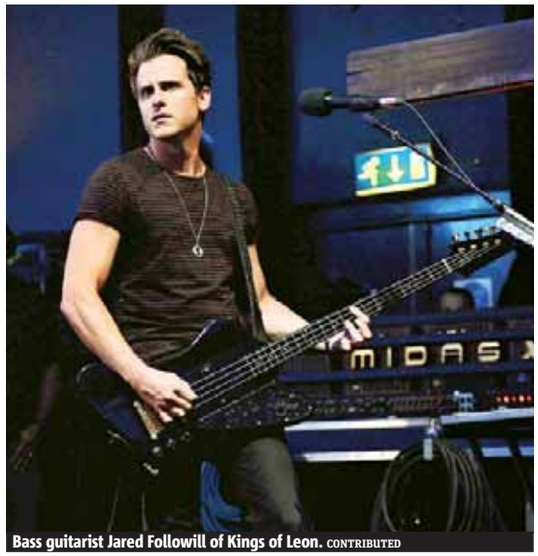
At the Kings Of Leon's pinnacle even the celibate were singing Sex On Fire. They were rock 'n' roll personified — a multi-platinum fourth album Only By the Night in 2008, lingerie models, and rumoured riders of excess that read like an illicit pharmaceutical shopping list.

Their 2011 mega-tour should have undisputedly confirmed the Followill brothers — Caleb, Jared and Nathan; and cousin Matthew — as rock's royal family. Instead, it ended in self-inflicted regicide, when frontman Caleb delivered this gutter-style mid-show abdication in Dallas.

"I'm gonna go backstage and I'm gonna vomit; I'm gonna drink a beer and I'm gonna come back out and play three more songs."

He never returned. The tour was over.

But after their two-year hiatus, the Kings are back to reclaim their throne. The Nashville-based band's sixth album, Mechanical Bull, which dropped on Tuesday, certainly seems a return to form, with all the rawness and frank storytelling-lyricism of the band's early albums.



Bass guitarist Jared Followill of Kings of Leon. CONTRIBUTED

"There's a conscious effort to have a little bit more energy on this album," says bassist Jared, who opens up about childhood rebellion, his LSD trip and riding a mechanical bull — naturally.

It's called Mechanical Bull. Do you have any experience of riding one of those?
A couple. I did one at this party called the Neon Carnival Party in California at Coachella. And I'm pretty sure I'm the only one that rode it correctly with one hand in the air. Everybody else was using two hands and would be like, 'Man, it's so easy. I stayed up there for like 30 seconds.' And it's like — 'because you cheated.'

Did you have a beer in your hand?
Yup. And tequila in my mouth.

Was the hedonism of your early days a rebellion against your religious upbringing?
Probably not consciously but it was definitely like an animal that had been let out of a cage and allowed to roam free. I feel like every single person I know who grew up in the United Pentecostal Church, if they ever get out of it, they go crazy for at least a few years. You'll see them out and they'll either have ridiculous hair or the girls will dress so inappropriately. I don't want to say a word that will get me into trouble, but the girls are completely out there.

Your love of rock music from the early ages is in stark contrast to the church music. Did it form part of your escapism?
Yeah, it was almost in a sense like when you said earlier "was the hedonism part of a rebellion?" That wasn't so much consciously as maybe rock music felt rebellious to us. Because growing up, we weren't allowed to listen to anything. Our parents would let us listen to music from the '50s and '60s because a lot of the themes were toned down. But we would hear stuff every once in a while. I remember hearing sneak-peeks of Nirvana and stuff at friends' houses and even, like, being a young kid in fifth or sixth grade hearing Oasis or even Bush and people like that and thinking, "Holy shit, that is awesome."

If you hadn't have had that meltdown in 2011, would you have continued with the hedonism or did you need that?
I think at that point, we weren't even that hedonistic. I feel like we just drank. When people talk about our drug days, they think, "Oh my god, those guys were doing drugs constantly!" and we really weren't. I wouldn't say we had never done a drug or anything like that — obviously we smoked weed and stuff. Even in 2011, we did drink a lot, but I think that the reason why the meltdown happened wasn't necessarily because of drinking.

One more question

On the topic of sibling rivalry, you must have been pretty keen to sleep with as many girls as humanly possible. Did you ever get into any funny situations where you were going after the same girls as your brothers and cousin?

- **Quote.** "No. And I definitely did not try to sleep with as many girls as possible. I wasn't going for the Wilt Chamberlain thing. I'm really weird about that. I have trouble drinking after people, like if someone took a drink of my drink, even if it's full, I usually won't finish it."

Party days

"We did drink a lot but I think that the reason why the meltdown happened wasn't necessarily because of drinking."
Jared Followill
Talking about his partying days

Zac Efron. ALL PHOTOS GETTY IMAGES

Rehab was inevitable after troubled Efron started 2013 'like a junkie'

A new report in the National Enquirer details how Zac Efron kicked off 2013 — with troubling behaviour that likely led to his rehab stint in the spring. An anonymous source recounts watching the 25-year-old star pass out after a night of abusing prescription painkiller Oxycodone as well as alcohol, marijuana and Adderall at New York's Thompson Hotel on Jan. 3. "I was scared for him," the source says. "He was like a junkie. He wanted the drugs so bad. He went through a lot of pills even though it was clear he was entering a danger zone. My worst fear was that he had died from an overdose."

Lindsay Lohan

Schedules to blame for Lohan's latest break up

Looks like it's a no-go for Lindsay Lohan and former football player Matt Nordgren, who have reportedly split up after briefly dating, according to Us Weekly. "Their work schedules and the distance just make dating impossible," a source says. "He really likes her. He thinks she's back on top, emotionally and physically."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Could it be?! Drake and Chris Brown patch things up

MELINDA TAUB
Metro World News in NYC

Make new friends, but keep the old. One is silver and the other beat up a lady one time. Chris Brown and Drake have squashed their beef and they may even become pals, according to Page Six. The pair apparently met up at the iHeartRadio Music Festival in Las Vegas this weekend, which Drake and his crew attended specifically to catch Brown's performance. "Drake came on Friday with his whole crew, and watched Chris' entire set," a source said. The happy reunion continued after the show: "They were backstage hugging and drinking," another source reports. Apparently, the meeting went so well that the pair are talking about collaboration on tracks, even though no one should ever want to be friends with Chris Brown or work with him or talk to him, so he eventually has to become a garbage man and live in the dump. Hopefully Drake is just pretending to be Chris's friend so it'll sting even more when he has to become a garbage man. Brown recently took time off from drinking fruity cocktails and hitting the beach in Hawaii to tag a wall with epithets like "F— police" alongside what is apparently a shout-out to the Bloods. Brown, he of sound life choices, signed his illegal street art with the words "Fruits Piru," which people who know more about the intricacies of urban gang life than we do speculate is a reference to the Fruit Town Piru gang, a subset of the scary-as-hell L.A. gang.

Amanda Bynes

Bynes' lawyer wants her hitting-cop-car case held in mental health court

Amanda Bynes was set to resurface this week for a court appearance stemming from her 2012 arrest for hitting a police car with her rented BMW, but Bynes' lawyer wouldn't let her near the courthouse. Attorney Richard Hutton claims that Bynes doesn't currently have the mental capacity to fully comprehend the legal proceedings, asking the judge to refer the case to the mental health court, according to E! News. "The mental health court will examine Bynes and determine her competency to stand trial," he says. Bynes is currently under observation at the UCLA Medical Center, and a hearing is set for next week to determine if her parents' temporary conservatorship should be made permanent.

Twitter

@JimCarrey
It's gonna be an amazing day! You know why? CUZ I DOUBLE FRICKIN' STAMPED IT!

@justinbieber
Any account on twitter isn't actually my Grandparents! They don't have twitter and say they never will

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SHOPPERS DRUG MART

8 things Milan told us about la mode

You can always rely on Milan for two things: exuding luxury, and being fashion month's halfway mark. The latter means we can move from tentative to confident in our breakdown of the trends for SS14. Despite the markedly different scenes across New York, London and Italy, discernible similarities have already emerged, so take note.

KIT GILBERT
Metro World News

Skin is in

If there's one thing Milan has over every other fashion capital, it's sex. It returned this season in the form of super sheer garments, peek-a-boo cut outs, belly-grazing necklines and hemlines your mother wouldn't approve of.

Gucci

White is trending

Just when we're all digging out our winter blacks and grays, white starts to trend on the runway. The summer shade has been everywhere, including Jil Sander, Sportmax, Versace and Alberta Ferretti, who played on its more innocent connotations.

Alberta Ferretti

'90s minimalism reigns

Will the '90s ever get old? It appears not, as the era's minimalist esthetic is going nowhere. With everyone apparently singing from the same Calvin Klein sheet, it's slip dresses and spaghetti straps galore — with a strict colour palette of neutral shades.

Max Mara

No. 21

The shirt dress is a bona-fide thing

Whoever first decided to wear her boyfriend's shirt as a dress must have been an audacious woman. Thankfully, we're no longer going to have to tug at those tails to stay decent, as the shirtdress is now a thing. It's popped up all over the fashion circuit and it's made its way to Milan via No. 21 and Tod's where floral, spangled embellishments and eyelets send this idea into more wearable territory.

Fendi

We've got tiers in our eyes

Things that have tiers include wedding cakes and football stadiums. Now you can add clothes to the list, as Simone Rocha, Meadham Kirchhoff and Hérve Léger all added layer upon layer to their creations. And we're not talking ruffles either — these are hard-edged, angular strips of fabric. Our Milan favourite in this department is Fendi, which showed ombré cascades.

Pastels are back, but not as you know them

Pastels are a perennial favourite for spring, with Louis Vuitton's 2012 collection providing the benchmark for working with these candy colours. This season, it's a little less saccharine than your standard sugary fare.

Luisa Beccaria

Satin makes a comeback

In all likelihood you last wore satin in the form of a dodgy strapless gown to prom. The stiff, lustrous fabric has the potential to date an outfit all too quickly, but this season it has made some serious sartorial headway. Popping up at Rodarte and Zero + Maria Cornejo in tougher looks, Blugirl brought it to Milan with floral-dotted shift dresses and sharply pressed trousers.

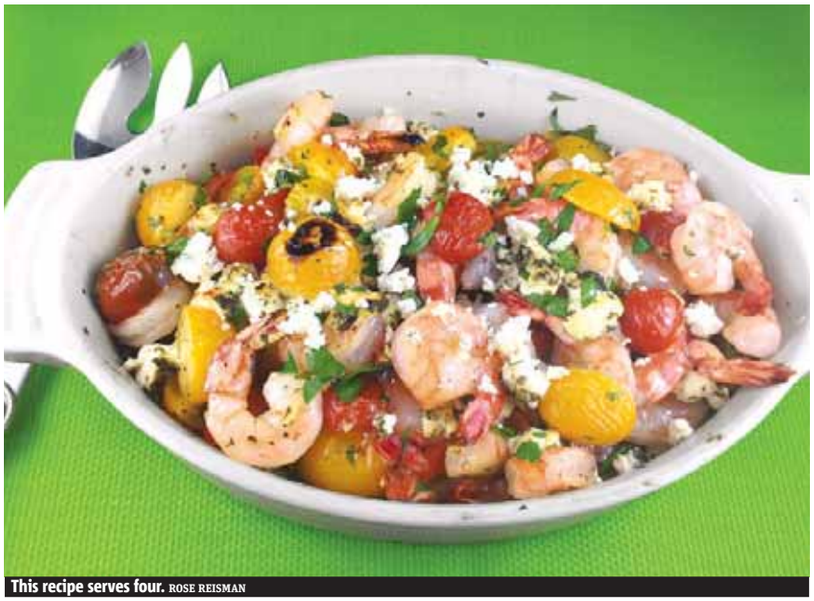
Blugirl

The graphic print party is still happening

No one quite owns the idea of print mixing like Prada and Marni, both of which showed stellar graphics that were as much about texture and colour as they were about print. The new designer, Stella Jean and Emilio Pucci, meanwhile, took the more traditional ethnic route, referencing African prints.

Prada

Shrimp, Cherry Tomato and Goat Cheese Bake: Layers of flavours



This recipe serves four. ROSE REISMAN

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

If you're looking for a quick and delicious one pot meal this hits home.

The shrimp compliments the delicate sweet tomatoes and creamy goat cheese. Serve the dish with a side of green salad.

You can prepare the entire dish earlier in the day and bake at 400 F for five to eight minutes. It's also great at room temperature.

Ingredients

- 1 1/2 lb peeled and deveined shrimp
- 3 cups of cherry tomatoes sliced in half
- 1/4 cup chopped cilantro or parsley
- 1 1/2 tsp crushed fresh garlic
- 1 tsp dried basil
- 1 tsp minced jalapeño peppers
- pinch salt and freshly ground black pepper
- 1/2 cup crumbled goat cheese
- 1 tbsp olive oil
- 2 tsp freshly squeezed lemon juice
- 2 tbsp chopped cilantro or basil

1. Preheat the oven to broil and spray an 8-inch baking dish with cooking oil. Preheat a non-stick grill pan or barbecue to medium-high.

2. Grill shrimp for approximately 4 minutes, turning halfway through the cooking time. Do not overcook. Place in the prepared baking dish.

3. Combine the tomatoes, cilantro, garlic, dried basil, jalapeño pepper, salt and pepper. Mix well and pour over the shrimp. Sprinkle with the goat cheese. Broil for 2 minutes or just until browned. Remove from the oven.

4. Combine the oil and lemon juice and drizzle over the top. Garnish with the cilantro and serve.

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metro
FALL FASHION
Thursday, September 26, 2013

Fall colour report: Bright

JANE DOUCET
For Metro

To many Canadians, cooler fall weather means wearing layers and dark colours. But those with an interest in fashion trends can step away from the tried and true by introducing a few key elements into their wardrobe.

"Runway trends are universal," said Alisha Schick, who teaches fashion design and illustration in the fashion program at MC College in Edmonton. "This fall, colour is a great way to refresh or update a jacket, suit or pair of jeans."

Popular colours are bright and loud. For men and women, forest green and burnt orange is showing up in denim and corduroy pants.

"There's also a huge '90s influence in animal prints, which we're seeing in women's crewneck sweaters, blouses and accents like shoes, pockets and gloves," Schick said.

While much of fashion is directed at women, designers haven't forgotten about men. They will be seeing more jungle, camouflage and Hawaiian prints, varsity jackets with leather sleeves and military-style coats.

"Streetwear" is also big for guys, cropping up in hoodies, motorcycle vests, T-shirts with logos and sneakers.

At the other extreme, statement scarves will appeal to men interested in a more mature look; they are made from more lightweight fabrics than standard winter scarves and could be worn with moss-green or khaki pants.

One interesting trend for women is a pyjama look — but not for pyjamas. Instead, it comprises a dressier matching top and pant, perhaps in plaid or metallics, and made of rayon or polyester.

"It's a new twist on the modern-day suit," Schick said.

When there is a chill in the air, the coats come out of the closets. For guys and girls, motorcycle jackets and military-style anoraks with drawstring waistlines made an appearance on the fall runways.

"Fashion is getting less sloppy in general," Schick said. "Lines have become more tailored, showing off curves and silhouettes."

If you are overwhelmed by the myriad trends from which to choose and have a limited budget, Schick has the following advice.

"Stick to things you're comfortable with and shapes that you know look good on you. Find pieces that work with your body type, then incorporate a style or trend you like."

Popular colours this fall are bright and loud, including these looks from Old Navy.

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Runway inspiration

Fashion designers have to be ahead of the curve, which may include studying Donna Karan spring's 2014 collection, above. CRAIG RUTTLE/THE ASSOCIATED PRESS

Trend forecasting means producing clothes in advance

As an instructor and a co-ordinator of the two-year fashion design technician program at St. Clair College in Windsor, Ont., Elaine Chatwood teaches a second-semester product development course that examines fashion trend forecasting.

"I'll teach my students how to produce a clothing line by looking at global trends," Chatwood said. "They'll come up with a concept, research fabrics, make a sample, cost out that sample and work out alterations."

Thanks to trend forecasting, the students will be able to look at fabrics a year ahead of when they plan to launch their fashion lines and aim to produce clothing samples 10 months in advance. Chatwood will then show them how to put together a "look book," containing photos of their designs for prospective buyers.

When she is wearing her other hat — as the proprietor of Chatty Collection, a women's boutique clothing store featuring her own and other designer fashions in Windsor — Chatwood buys the fall lines at least six months in advance after the trend reports have been released, usually from February to mid-March.

"I research all of the colour forecasting and fabric for my own designs," Chatwood said. "They're definitely an influence. I also look at silhouettes. Then I do my own thing."

Chatwood designs classic, tailored pieces that include dresses and knits. For fall, she has incorporated such global colour trends as different shades of greens, brick and deep-berry pink.

"My customers are fashion conscious, and many of them know what the international trends are," Chatwood said. "If they don't know, I'll tell them. If they don't want to buy something new, I can update an older piece based on a current trend."

So just how important are seasonal runway trend reports to a retail fashion buyer?

"If I'm three weeks or a month late bringing in a line, I'll lose sales," Chatwood said. "I've got to keep track of everything."

As a designer, trends are important, but not the ultimate deciding factor to coming up with a collection.

"You don't have to follow the trends to the letter," Chatwood said. "But you can take inspiration from them."

JANE DOUCET

Personal style

"You don't have to follow the trends to the letter. But you can take inspiration from them."

Elaine Chatwood, co-ordinator of the two-year fashion design technician program at St. Clair College in Windsor, Ont.

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A living room couched in style

A four-part series to help you get one of the most important spaces in the home looking great.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

In this four-week series, I'll serve up decor tips to get your living room looking fabulous in time for the holidays. Today I tackle the largest furniture piece in the room: the sofa.

Size

For those living in smaller homes, the challenge is to find the right sofa that fits seamlessly without taking over the space. Luckily, there's an easy way to measure the size of sofa your room can comfortably hold: Measure the width of your room — your sofa should be 2/3 of that measurement. For instance, if your room is 10 feet wide, the sofa length should be about six feet by six inches. This allows the sofa to fit nicely on the smaller wall or helps to divide a long room and still allow space on each end for side tables. By fitting the sofa to the shorter wall, you are guaranteed it fits on the longer wall as well.

Style

The style of sofa reflects many things; whether you like a modern or traditional decor, the comfort level you require and the colour of covering desired. A sofa with a rounded arm, skirted bottom and light-to-medium neutral fabric will look best in a traditional setting while a square-armed, exposed wood (or metal) leg and a very light or very dark covering will imply a modern feel. If you fall asleep watching TV on your sofa every night, then choose one with lower and deeper seating for ultimate comfort. If you use your sofa strictly for entertaining, then a higher seat and less depth is recommended in order to sit upright. As for coverings, there are many to choose from. A plain, neutral covering will add longevity to the look of your sofa. The covering choice (everything from linen to leather) is all about the durability you might require. A warm neutral colour works best in traditional settings and cooler tones in modern.

Is your living room in need of a facelift? CONTRIBUTED

What's in a name?

I call it a sofa, my parents call it a couch and my grandma called it a chesterfield. What do they all mean?

- **Sofa.** A long and comfortable piece of furniture on which a person can sit or lie down. From the Arabic word suffah.
- **Chesterfield.** See couch. A Canadian/English name for couch.
- **Couch.** A long upholstered piece of furniture designed for several sitters.

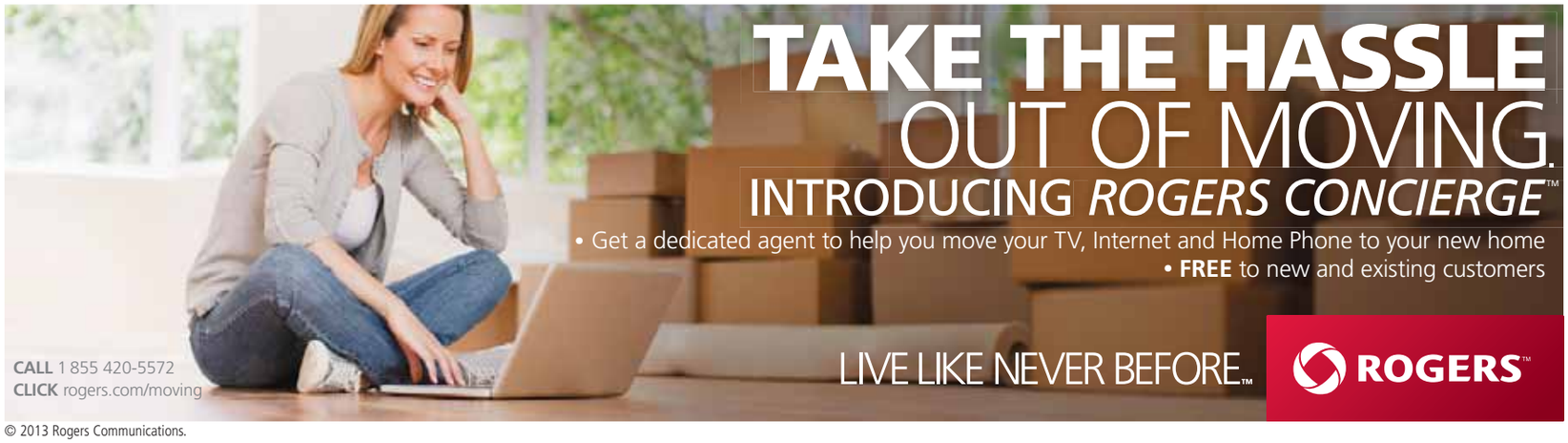
Cost

Consider the budget for decorating your living room; a sofa should eat up about 20 per cent of the budget. If you have not budgeted for your room's decor, then another way is to consider how long you will want your sofa; each year should cost about $250. For instance, if you plan on keeping a sofa for only three to five years then an $800 to 1,200 cost would be suitable. If you want it to last for 10 to 15 years then pay around $2,500 to $4,000. The fabric is the first thing that will get worn out, followed by the internal support/springs. These are the two things you should investigate and ask about; especially when purchasing a sofa you want to keep long term.

Next week: Part two: Choosing tables and lighting.

A traditional sofa with rounded arms, skirted bottom and upright seating. Chandler Sofa, from $3,100, ethanallen.ca. CONTRIBUTED

Low, deep seating with square edges and exposed metal legs make this sofa perfect for a casual, modern living room. Mondrian Sofa, $1,100, Urban Barn, urbanbarn.com. CONTRIBUTED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Crate and Barrel is leaving us no choice but to start hosting. CONTRIBUTED

Let us give thanks for the pretty trends in dining room decor

Fresh for fall. Just in time to serve your turkey are some funky, modern items from Crate and Barrel for casual entertaining

TINA CHADHA
Metro World News in New York

First, Ikea released its sleek upscale Stockholm collection inspired by mid-century modern classics.

Then H&M followed with the launch of their much-anticipated home line and e-commerce site — seriously, the copper candle holders and knit throws look straight out of a high-end boutique. Pretty impressive for H&M.

Now, Crate and Barrel is leaving us no choice but to start hosting.

The furnishings brand partnered with renowned Italian interior designer Paola Navone — a wiz at creating funky, modern decor inspired by Asian and African handicrafts — for three collections, the first of which centres on "casual entertaining."

So what exactly do causal shindigs mean for designer Navone?

Based on the first installation — launched on crateandbarrel.com on Sept. 9 — we'd say a packed dinner party with lots of good things to eat.

The designer created tabletop essentials, including platters, bowls, cutlery sets and linens in electric blue-and-white patterns (she was inspired by the Mediterranean).

To shake things up, pops of red appear on a swirly candleholder and industrial lights, and a woven chair with reclaimed teak legs add warmth.

The collection also includes 11 dining table options, which shoppers can mix and match with nine different seating styles.

Our favourite is the gray and white bench, complete with an ever-so elegant backrest.

It would seem that no one's leaving our tricked out table hungry or with a backache — just in time for Thanksgiving.

Home cleaning

Don't use a product with ammonia to clean Plexiglas; it will turn the material yellow over time. ISTOCK

Go natural to clean Plexiglas

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

How do you clean Plexiglas?

As Plexiglas becomes a more popular material that many of us have in our homes, it occurred to me that most people don't know how they should begin to clean it. Plexiglas as a material is used to build furniture; I myself have a Plexiglas coffee table. It's also used in decorative arts material and even in some picture frames to replace glass for weight.

So how do we clean this material?

Never use a product with ammonia, as this will make it turn yellow over time. The best way to clean this is with an all purpose cleaner (50 per cent water and 50 per cent white vinegar) and a soft cloth such as cotton or microfibre.

So there you have it. You are now an expert on how to clean Plexiglas.

There are plenty of treasures to be found at a flea market — if you know when and where to look. ISTOCK

Turning one person's trash into your unique treasure

Flea market finds.

Shabby Chic author shares her tips and tricks for searching for that special something to add to your home

Even though it's been 15 years since Rachel Ashwell's Shabby Chic: Treasure Hunting & Decorating Guide was released, the queen of thrifting still sees people walking around flea markets with the classic tome in hand.

"It's become a little bit of a flea market bible," she admits.

Well, navigating those antique-filled aisles just got a bit easier as HarperCollins recently re-released the book in paperback.

To further help your scavenging adventures, we checked in with Ashwell for tips on scoring the best trinkets and treasures.

Rachel Ashwell CONTRIBUTED

Early bird gets the worm

"Start early. Be there the minute the market is open, if not before. You gotta find those treasures and if you snooze, you lose."

Have a game plan

"When I go clothes shopping I get overwhelmed if I don't have my shopping list and end up coming back with nothing. If you're a specific shopper, then have items in mind."

Shopping tips

Scour flea markets for these great items:

- Wall mirrors
- Lamps, chandeliers
- Cabinetry
- Mixed-matched China
- Candlesticks

Measure beforehand

"Know the size of a table or cabinet you're looking for, and not just the size of where it's going live, but how it's going to get there. There's nothing worse than measuring for a beautiful, big cabinet but it has to go through a teeny hallway."

Note the vendor's location

"If you buy something and want to pick it up later, make sure you write down where you're going to pick it up from, because, at the end of the day, all those aisles look the same. And write down a phone number!"

When to negotiate

"Before I even look at a tag, I ask myself, 'What's the most I'll pay for that mirror?' So I already know where the price needs to be. If it's higher than that price, I'll ask respectfully, 'I'm sure it's worth that, but for my purpose I can only pay $50. I don't want to insult you, but I'd love to buy it for that. If not, no hard feelings.'"

Don't go crazy with tchotchkes

Make sure your trinkets are both beautiful and functional.

"I can't bear curiosity cabinets that are just filled with pretty things that are never going to get used."

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Translating well in Tokyo

Montreal's Eugenie Bouchard topped Jelena Jankovic on Wednesday to advance to the quarter-finals of Tokyo's Pan Pacific Open. KOJI WATANABE/GETTY IMAGES

Tennis. Montreal's Bouchard surging at Pan Pacific Open

Montreal's Eugenie Bouchard will try to continue her string of big wins at the Pan Pacific Open when she faces American star Venus Williams in the quarter-finals.

Bouchard upset sixth-seeded Jelena Jankovic of Serbia 7-5, 6-2 on Wednesday, a day after ousting No. 8 Sloane Stephens of the U.S.

Bouchard, making her debut in the Tokyo tournament, broke Jankovic to go up 5-2 in the second set and then held serve to win the match in one hour, 10 minutes at Ariake Colosseum.

Jankovic had a 5-4 lead in the first set but Bouchard won the last three games after a talk with her coach.

"I felt like I wasn't playing my best in the first set," Bouchard said. "But I stayed with her and started to get a lot more aggressive near the end of the first set and that was the turning point."

Bouchard, who is 46th in the world rankings, said winning last year's junior Wimbledon title has given her confidence to compete at a higher level.

"That gave me a lot of confidence to play in the pros," Bouchard said. "Playing week in, week out against the top players has made me a better player."

Williams rallied from a set down to defeat Simona Halep of Romania 4-6, 7-5, 6-3.

Williams, making her first appearance in the Tokyo tournament since 2009, broke serve to lead 5-3 in the third set and then won with a cross-court forehand that Halep hit into the net. THE ASSOCIATED PRESS

Oracle overcomes controversy to win Mug

Skipper Jimmy Spithill and Oracle Team USA won the America's Cup on Wednesday, pulling off one of the greatest comebacks in sports history.

Spithill steered Oracle's space-age, 72-foot catamaran to its eighth straight victory, speeding past Dean Barker and Emirates Team New Zealand in the winner-take-all Race 19 on San Francisco Bay to keep the oldest trophy in international sports in the United States.

All but defeated a week ago, the 34-year-old Australian and his international crew twice rallied from seven-point deficits to win 9-8.

Owned by software billionaire Larry Ellison, Oracle Team USA was docked two points for illegally modifying boats in warmup regattas and had to win 11 races to keep the Auld Mug.

EZRA SHAW/GETTY IMAGES

NHL. Kessel says he's in control after slashing

Phil Kessel laughed off the notion that a couple of pre-season slashing incidents mean he needs to control his emotions better.

Last week he took swings at Flyers defenceman Luke Schenn's shins because he didn't like his former Maple Leafs teammate jabbing at him. Then there was Sunday night's brawl, when he slashed Sabres tough guy John Scott multiple times, earning a suspension for Toronto's final three pre-season games.

Kessel said he considers those situations more of an anomaly than the start of a troubling trend.

"I think I average like under 20 penalty minutes a year or something like that or around there, so it's not like I take a lot of penalties," he said. "I don't think it's going to be a problem." THE CANADIAN PRESS

What would you do?

"Put 'em in that situation and see what they do."

Phil Kessel to critics of his stickwork on John Scott. The Sabres enforcer stands 6-8 and weighs in at 270 pounds.

Basketball

Canada tops Cuba to stay undefeated

Canada's defence made up for a sluggish offence to keep the women's basketball team undefeated at the FIBA Americas Championship in Mexico.

Forward Tamara Tatham had a game-high 17 points and nine rebounds to lead Canada past Cuba 53-40 on Wednesday.

Guard Kia Nurse added 13 points, four rebounds and three assists as Canada finished with a record of 4-0, good for first in Group A. THE CANADIAN PRESS

NFL. Ex-Charger commits suicide in Atlanta, cops say

Former San Diego Chargers and University of Georgia defensive back Paul Oliver committed suicide at his Atlanta-area home, a medical examiner said Wednesday.

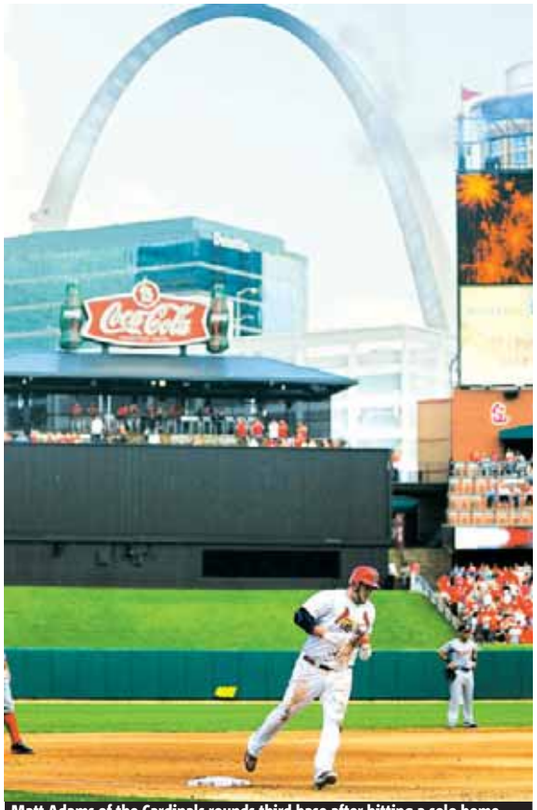
The 29-year-old Oliver was found dead Tuesday night in Marietta, about 20 miles northwest of Atlanta, Cobb County Medical Examiner's investigator Tim Weaver said.

Oliver died of a self-inflicted gunshot wound, Cobb County police Sgt. Dana Pierce said.

THE ASSOCIATED PRESS

Paul Oliver with the Chargers in September 2009. THE ASSOCIATED PRESS

4 SPORTS



Matt Adams of the Cardinals rounds third base after hitting a solo home run against the Nationals on Wednesday in St. Louis. JEFF CURRY/GETTY IMAGES

Young Cardinals on fire down the stretch

NL Central. Cardinals clinch at least a tie for the division title; Pirates still have shot

All of those young arms embraced this pennant race. The St. Louis Cardinals threw five rookies at the Washington Nationals and clinched a tie for their first NL Central title since 2009.

Shelby Miller earned his 15th win with relief help from Seth Maness, Kevin Siegrist, Carlos Martinez and Trevor Rosenthal in a 4-1 victory that spoiled Jordan Zimmermann's bid for his 20th win and wrapped up a three-game sweep on Wednesday.

All are 24 or younger, and all have been filling critical roles for a while now.

"We know what's at stake and what we need to do to get the job done, how many games we need to win," Miller said. "Hopefully, we can just win them all.

"It's just been an amazing year, I've had so much fun and there's still a lot of baseball left."

Miller (15-9) has been in the rotation all year and leads major-league rookies in wins after allowing a run in six-plus innings. Maness induced a double-play ball in the seventh, Siegrist hasn't allowed a run in an NL-best 23 1/3 scoreless innings and has a microscopic 0.47 ERA and the 23-year-old Rosenthal saved all three games in the series.

Yadier Molina had the go-ahead hit and Matt Adams homered for the Cardinals.

Manager Mike Matheny reported screaming in the clubhouse after the Cubs' Darnell McDonald's go-ahead three-run homer off Francisco Liriano in a 4-2 victory over the Pirates and admitted he'd taken peeks at the scoreboard.

"Yeah, I was guilty again of watching during the game," Matheny said. "It wasn't my intent, but it did happen."

The Cardinals lead the Pirates by three games with three to go. The Reds lost 1-0 to the Mets on Wednesday and were eliminated from the divisional race.

The Cardinals (94-65) are a season-high 29 games above .500 and have a day off before 14-game winner Lance Lynn faces the Cubs on Friday night to open the final series.

THE ASSOCIATED PRESS

Quoted

"Guys are getting to pitch in different situations than they had all year. Everybody's stepping up."

Cardinals reliever Trevor Rosenthal

'Seeing the snakes'

Basketball star Odom speaks following DUI

Lamar Odom broke his silence with his first post on Twitter since being arrested and charged with driving under the influence last month.

Odom tweeted "Seeing the snakes" on Tuesday night in his first post since his Aug. 30 arrest.

He followed with an extended tweet from his verified account that referenced his estranged father.

"Won't continue 2 speak on this but I have got 2 let this out real quick. I have let this man and many others get away with a lot of (expletive). He wasn't there 2 raise me. He was absent ALL of my life due to his own demons. My mother and grandmother raised me. Queens raised me," Odom tweeted.

Odom, who played for the Los Angeles Clippers last season, is a free agent.

THE ASSOCIATED PRESS

FRENCH, ENGLISH as a SECOND LANGUAGE

PART TIME

12 weeks (36 hours in class and 36 hours online)

FRENCH AS A SECOND LANGUAGE (10 LEVELS)

September 23 to December 14, 2013

Evenings: 6 pm to 9 pm (10 Levels)

Saturdays: 9am to noon (7 Levels)

ENGLISH AS A SECOND LANGUAGE (6 LEVELS)

September 23 to December 14, 2013

Evenings: 6 pm to 9 pm (6 Levels)

FULL TIME

4 weeks (60 hours in class and 60 hours online)

FRENCH AS A SECOND LANGUAGE (6 LEVELS)

October 15 to November 8, 2013

Levels 1, 3 and 5: 12:30 to 3:30pm

Levels 2, 4 and 6: 9am to noon

November 18 to December 13, 2013

Levels 1, 3 and 5: 9am to noon

Levels 2, 4 and 6: 13:30 to 3:30pm

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MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	95	63	.601	—
Tampa Bay	88	69	.561	6½
New York	82	75	.522	12½
Baltimore	81	76	.516	13½
Toronto	72	85	.459	22½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	92	66	.582	—
Cleveland	87	70	.554	4½
Kansas City	83	74	.529	8½
Minnesota	66	91	.420	25½
Chicago	62	95	.395	29½

WEST DIVISION

	W	L	Pct	GB
Oakland	94	65	.591	—
Texas	86	71	.548	7
Los Angeles	78	80	.494	15½
Seattle	69	89	.437	24½
Houston	51	107	.323	42½

Wednesday's results
L.A. Angels 3 Oakland 1
Chicago White Sox at Cleveland
Toronto at Baltimore
Tampa Bay at N.Y. Yankees
Houston at Texas
Detroit at Minnesota
Kansas City at Seattle

Tuesday's results
Cleveland 5 Chicago White Sox 4
Toronto 3 Baltimore 2 (10)
Tampa Bay 7 N.Y. Yankees 0
Texas 3 Houston 2
Detroit 4 Minnesota 2
L.A. Angels 3 Oakland 0
Seattle 4 Kansas City 0

Thursday's games
All times Eastern
Toronto (Buehrle 12-9) at Baltimore (Gonzalez 10-8), 7:05 p.m.
Tampa Bay (Cobb 10-3) at N.Y. Yankees (Nova 9-5), 7:05 p.m.
L.A. Angels (Williams 9-10) at Texas (Garza 4-5), 8:05 p.m.
Kansas City (Guthrie 14-12) at Chicago White Sox (Rienzo 2-2), 8:10 p.m.
Cleveland (McAllister 9-9) at Minnesota (Albers 2-4), 8:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	93	64	.592	—
Washington	84	75	.528	10
New York	73	85	.462	20½
Philadelphia	72	85	.459	21
Miami	58	100	.367	35½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	94	65	.591	—
Pittsburgh	91	68	.572	3
Cincinnati	90	69	.566	4
Milwaukee	70	87	.446	23
Chicago	66	93	.415	28

WEST DIVISION

	W	L	Pct	GB
Los Angeles	91	66	.580	—
Arizona	80	77	.510	11
San Diego	73	84	.465	18
San Francisco	72	85	.459	19
Colorado	72	86	.456	19½

Wednesday's results
N.Y. Mets 1 Cincinnati 0
St. Louis 4 Washington 1
Chicago Cubs 4 Pittsburgh 2
Milwaukee at Atlanta
Philadelphia at Miami
Boston at Colorado
Arizona at San Diego
L.A. Dodgers at San Francisco

Tuesday's results
N.Y. Mets 4 Cincinnati 2
Atlanta 3 Milwaukee 2
Philadelphia 2 Miami 1
Pittsburgh 8 Chicago Cubs 2
St. Louis 2 Washington 0
Colorado 8 Boston 3
Arizona 2 San Diego 1 (12)
L.A. Dodgers 2 San Francisco 1

Thursday's games
All times Eastern
Arizona (Cahill 8-10) at San Diego (Erlin 3-3), 6:40 p.m.
Milwaukee (Hellweg 1-4) at N.Y. Mets (Gee 12-10), 7:10 p.m.
Philadelphia (Cloyd 2-6) at Atlanta (Hale 0-0), 7:10 p.m.
L.A. Dodgers (Volquez 9-12) at San Francisco (Lincecum 10-14), 10:15 p.m.

CFL

WEEK 14

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	12	8	4	0	354	315	16
Hamilton	12	6	6	0	316	329	12
Montreal	12	4	8	0	285	349	8
Winnipeg	12	2	10	0	251	368	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pts
Calgary	12	9	3	0	373	301	18
B.C.	12	8	4	0	325	302	16
Saskatchewan	12	8	4	0	376	282	16
Edmonton	12	3	9	0	294	328	6

Friday's game — All Times Eastern
B.C. at Winnipeg, 8 p.m.
Saturday's games
Calgary at Hamilton, 6 p.m.
Toronto at Edmonton, 9 p.m.
Sunday's game
Saskatchewan at Montreal, 1 p.m.

NFL

WEEK 4

Thursday's game — All Times Eastern
San Francisco at St. Louis, 8:25 p.m.
Sunday's games
Seattle at Houston, 1 p.m.
N.Y. Giants at Kansas City, 1 p.m.
Pittsburgh at Minnesota, 1 p.m.
Baltimore at Buffalo, 1 p.m.
Arizona at Tampa Bay, 1 p.m.
Cincinnati at Cleveland, 1 p.m.
Indianapolis at Jacksonville, 1 p.m.
Chicago at Detroit, 1 p.m.
N.Y. Jets at Tennessee, 4:05 p.m.
Philadelphia at Denver, 4:25 p.m.
Dallas at San Diego, 4:25 p.m.
Washington at Oakland, 4:25 p.m.
New England at Atlanta, 8:30 p.m.
Monday's game
Miami at New Orleans, 8:40 p.m.

MLS

Friday's game — All Times Eastern
Philadelphia at Kansas City, 8 p.m.
Saturday's games
D.C. United at Toronto FC, 1 p.m.
Real Salt Lake at Vancouver, 7 p.m.
Houston at New England, 7:30 p.m.
Montreal at Chicago, 8:30 p.m.
Sunday's games
Los Angeles at Portland, 3:30 p.m.
Columbus at FC Dallas, 8:30 p.m.
New York at Seattle, 9 p.m.
San Jose at Chivas USA, 11 p.m.

Horoscopes

♈ Aries
March 21 - April 20
Mars in Leo does wonders for your confidence but don't let that blind you to the realities of your money situation. Saturn in Scorpio warns it could cost you big time if you take a risk that is best avoided.

♉ Taurus
April 21 - May 21
Disputes are inevitable but none of them are of any real importance, so don't get drawn into slanging matches with people whose main motivation seems to be envy.

♊ Gemini
May 22 - June 21
Check the facts several times today. Neptune, planet of illusion, is strong at the moment, so your mind could easily play tricks on you.

♋ Cancer
June 22 - July 23
Good news will come out of nowhere today, easing your fears and making you realize how fortunate you really are. Also, a friend or colleague will offer you the kind of advice that money cannot buy. Take it.

♌ Leo
July 24 - Aug. 23
You may have to force yourself to be enthusiastic about what you have to do today but once you get going it won't be the chore you feared it would be. It could even surprise you and make you some extra money.

♍ Virgo
Aug. 24 - Sept. 23
A few days from now, you will get the chance to do something a bit out of the ordinary. In the meantime, treat yourself kindly and don't get involved with people who only ever waste your time.

♎ Libra
Sept. 24 - Oct. 23
If you are happy with the way your life is going, that's great. If not, start making changes. The Sun in your sign means it's time to get your act in gear and get cracking on a scheme that is important to you.

♏ Scorpio
Oct. 24 - Nov. 22
With the Sun linked to nebulous Neptune today, it's unlikely you will be thinking straight. Be wary of making plans you cannot easily get out of. Be wary of your feelings too. Can you trust them?

♐ Sagittarius
Nov. 23 - Dec. 21
Your confidence may be at an all-time high and all things may seem possible but don't be deceived: There is still a lot of hard work to be done before you come close to reaching your number one goal.

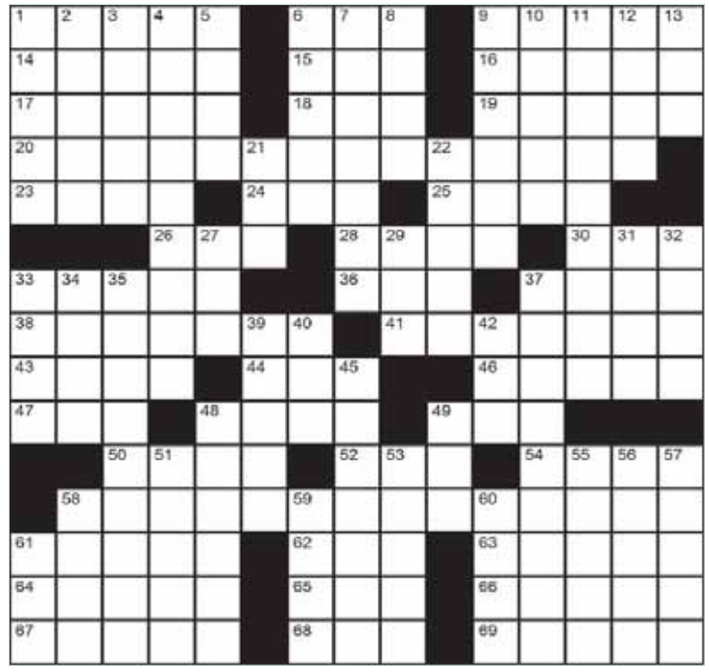
♑ Capricorn
Dec. 22 - Jan. 20
Life moves in cycles and the cycle you are on now mostly deals with your career and position in the wider world. Having said that, you can still find time for love — if you try.

♒ Aquarius
Jan. 21 - Feb. 19
It's good that you are the forgiving sort but don't go too far and forgive people for crimes they should be punished for or you will get a reputation as a pushover.

♓ Pisces
Feb. 20 - March 20
There's no point being uptight about situations that are beyond your control. That is the message of your solar chart today, so avoid confrontations you cannot win. **SALLY BROMPTON**

Crossword: Canada Across and Down

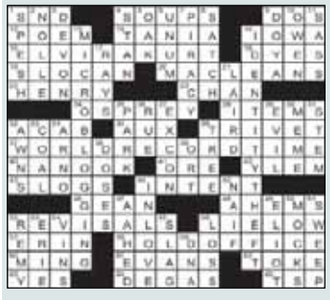
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Wild guesses
6. Work with a wok
9. Canadian author Farley
14. George Clooney job on TV, _ _ __
15. Deer sort
16. "_ __ you to..."
17. "That doesn't __ _ thing!"
18. Hawaii's __ Beach
19. __ __ example
20. Canada's is the Metric, the USA's is the what?: 2 wds.
23. Cobblestone
24. Alias acronym
25. Roman love god
26. 'Ball' suffix
28. Famous river
30. Discontinuity
33. Composer Mr. Copland
36. Polka's partner
37. Low-lying area
38. Comedian Ms. Handler
41. Ottawa, for one
43. Common sitcom roles
44. Glaswegian's 'No'
46. 99, for one, on "Get Smart"
47. TV station
48. Swindle
49. Canada's financial TV channel
50. Wharf
52. Edible green thing
54. Icelandic epic
58. Temporary __ __ (Latest trend in manicures)
61. Mr. Lauzon of Royal Canadian Air Farce
62. British singer Rita
63. Totally consumed: 2 wds.
64. Gambling destination, Monte __
65. Giggling, texting-style
66. Curt
67. Kelly Clarkson's "Since _ __ Gone"
68. Sacred chest
69. Industrial city in Germany

Down
1. 18-wheelers
2. New Orleans-set HBO series
3. Adjust
4. Pre-history working implements: 2 wds.
5. Boo-boo
6. 1978 disco hit: "Le __"
7. "The X Factor" judge Kelly
8. Fancy 'fors'
9. "Did you __ __?" (Returnee's query)
10. John Keats poem, __ __ a Nightingale
11. Political headline-grabber in the 1970s
12. Ancient Syria's biblical name
13. Midmorning time
21. Sir McKellen
22. Conference of 1945 of the Big Three
27. Slip-__ (Some shoes)
29. Winter/Summer games org.
31. Actor Mr. Arkin
32. Throw a snowball
33. Australian band
34. Captain in "Moby Dick" (1956)
35. Moscow tourist attraction: 2 wds.
37. National Film Board short films shown during TV commercials time, Canada __
39. Britannica, e.g.
40. US motorists org.
42. Cook's need
45. "The Last __" (1987)
48. Musical, Miss __
49. Sheep's sound
51. Handy
53. Canadian showbiz news show
55. Getting-things-done people
56. Put out, as flames
57. __, Colorado
58. Grouch
59. Ms. Falana
60. __ Modern (Art gallery in London, England)
61. Hosp. ward for heart patients

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	8		5		6		7	
		7				3		
	5		8		1		9	
	3	5				7	8	
8								6
	4	2				5	1	
	7		6		9		4	
		8				9		
	1		2		7		3	

Yesterday's Sudoku

7	8	9	1	3	6	2	4	5
4	6	2	5	7	9	3	1	8
5	3	1	2	8	4	6	9	7
3	2	6	8	4	7	9	5	1
8	4	5	9	1	2	7	6	3
1	9	7	6	5	3	8	2	4
2	7	3	4	6	5	1	8	9
9	1	4	3	2	8	5	7	6
6	5	8	7	9	1	4	3	2

Today
20°/8°
Mainly sunny
Friday
22°/8°
Sunny
Know what the weather will be 14 days from now.
Check the 14 day trend.
TWN incorporates MSC data

visit metronews.ca
metro

Bodysuits.

Meet Emilia and Amanda.

These Finnish-Sicilian twins were born in Miami and raised in Key Biscayne, a beautiful island town just south of Miami Beach. As a kid, Emilia (left) wanted to be a dolphin trainer, or veterinarian, or marine biologist: anything to combine her love of water and of animals. Amanda (right) saw herself more as a fashion designer. After attending an art magnet high school in Miami, they both found themselves continuing their creative studies in NYC. Emilia is at New York's School of Visual Arts taking Visual and Critical courses, and hopes to one day curate her own gallery. Amanda stuck to her childhood dream of fashion design and is currently attending Parsons, and working backstage at this year's NY Fashion Week (she also hopes to walk in a Victoria's Secret show, as unlikely as that may be, she says, a girl can dream). Growing up, the girls spent 7 years playing tennis and 11 doing ballet, but these days they like to spend their free time hanging out together, taking it easy on their roof. Though they are pretty easy to tell apart, if you're ever having trouble: the one with the gold heart on her tooth is Amanda. They are pictured here wearing the Cotton Spandex Jersey Basic Bodysuit.

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